

Resources on Drought and Economic Stress

Drought- and Heat-Specific Information

Extreme Heat

This fact sheet lists ways to help recognize and respond promptly to warning signs during extreme heat.

<http://www.bt.cdc.gov/disasters/extremeheat/>

Tips for Coping with Drought-related Stress *(Attached)*

This tip sheet provides common signs of stress and coping strategies for drought-related stress.

When Every Drop Counts: Protecting Public Health During Drought Conditions—A Guide for Public Health Professionals

This guide provides information about drought as it affects the health of the U.S. public. Behavioral health related information is discussed in various sections of this document, particularly beginning on page 27.

http://www.cdc.gov/nceh/ehs/Docs/When_Every_Drop_Counts.pdf

Making Decisions and Coping Well with Drought

This tip sheet discusses ways to cope with the psychological effects of a drought, and the difficult decisions it can cause.

<http://www.ext.colostate.edu/pubs/consumer/10256.html>

Managing Stress During Tough Times

This tip sheet discusses the mental health effects of drought on rural populations.

<http://www.ext.colostate.edu/pubs/consumer/10255.html/10255.pdf>

Seasonal affective disorder

While Seasonal Affective Disorder (SAD) is normally associated with winter, a less common form of the disorder involves depression during the summer months. This fact sheet discusses the symptoms and treatment for SAD.

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002499/>

Improving mental health capacity in rural communities: Mental health first aid delivery in drought-affected rural New South Wales

This paper intends to assess the effectiveness of mental health first aid training in drought-affected rural and remote Australia, as part of a strategy to improve capacity among farming communities to provide early intervention for mental health problems.

<http://onlinelibrary.wiley.com/doi/10.1111/j.1440-1584.2008.01005.x/pdf>

Coping with Economic Stress

SAMHSA Tip Sheets

SAMHSA has created these tip sheets in response to the increasing amount of economic stress being reported by Americans (according to the 2008 American Psychological Association report, *Stress in America*). These resources include activities and strategies based from mental health experts in the fields of resilience and stress management.

- [Managing Stress in Later Life Tip Sheet \[PDF - 1,063 Kb\]](#)
- [Managing Your Stress Tip Sheet \[PDF - 733 Kb\]](#)
- [Talking Dollars and Sense With Your Children Tip Sheet \[PDF - 1,257 Kb\]](#)

TIPS for Coping in Difficult Economic Times

This tip sheet discusses possible reactions to stress and suggestions for reducing stress during difficult economic times.

<http://dmh.mo.gov/docs/diroffice/disaster/TipsEconomicTimes.pdf>

Ten Tips for Families in Tough Times (Attached)

Published in February 2009, these tips can help guide families during difficult economic times. Dr. Richard Gallagher appeared on ABC World News with Charles Gibson in a segment about kids and the economy.

The Coping in Hard Times—Fact Sheet Series

These fact sheets from the National Child Traumatic Stress Network discuss challenging financial circumstances and economic hardships that can negatively affect youth, families, and communities. It offers practical ways to address the challenges during economic hardships by improving a sense of safety, calming, self- and community efficacy, connectedness, and hope.

- **Coping in Hard Times: Fact Sheet for Community Organizations and Leaders**
http://www.nctsn.org/sites/default/files/assets/pdfs/coping_for_community_orgs.pdf
- **Coping in Hard Times: Fact Sheet for Parents**
http://www.nctsn.org/sites/default/files/assets/pdfs/coping_for_parents_final.pdf
- **Coping in Hard Times: Fact Sheet for School Staff**
http://www.nctsn.org/sites/default/files/assets/pdfs/copingschoolpersonnel_final.pdf
- **Coping in Hard Times: Fact Sheet for Youth**
http://www.nctsn.org/sites/default/files/assets/pdfs/Coping_in_Hard_Times_For_Youth.pdf